

PROTEAM

**BREAKFAST
RECIPE
BOOKLET**

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SMASHED PEAS ON TOAST (SERVES 2)

24G OF
PROTEIN

Ingredients

- 200g frozen peas
- 1/2 tbsp olive oil
- A pinch of chilli flakes
- 50g feta
- A small handful of mint leaves
- 2 eggs
- 2 slices of bread of your choice

Method

1. Put the peas in a dish and cover them with boiling water until defrosted.

2. Once defrosted, drain off the water and add the oil, chilli flakes, salt, and black pepper.

3. Next, mash the mixture – you can use a potato masher or fork for this.

4. Then crumble in the feta and mix in the mint, before placing aside.

5. Bring a pan of water to boil. Then stir to form a whirlpool before cracking your eggs into opposite sides of the pan. Cook for about 3 minutes or until the whites are set and the yolks are still runny.

6. In the meantime, toast the bread before topping with a spoonful of the pea and feta smash and an egg. Sprinkle over the saved mint leaves and toasted seeds for extra crunch, if desired, after seasoning and add a few chilli flakes.

SHAKSHUKA (SERVES 2)



Ingredients

- 1 tbsp oil
 - 1 onion cut into thin wedges
 - 2 peppers, finely sliced
 - 3 garlic cloves, crushed
 - 1 tsp cumin
 - 1 heaped tsp paprika
 - 400g can cherry or chopped tomatoes
 - 115g spinach
 - 4 eggs
 - 1 tsp dried mixed herbs
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Method

1. Heat the oil in a large pan. Add the onion and peppers and fry over medium heat for 8-10 mins until the veg softens.

2. Then add the garlic, cumin, and paprika, and fry for another minute before adding the tomatoes, spinach, and 100ml water. Allow it to bubble until the spinach has wilted before lowering the heat and allowing it to simmer, uncovered, for another 10 minutes.

3. Make four indentations in the tomato mixture and gently crack an egg into each one. Cover with a lid or foil and cook over gentle heat for 8-10 mins, or until the eggs are just set. Uncover, scatter with the dry herbs and serve.

POACHED EGGS WITH BROCCOLI, TOMATOES AND WHOLEMEAL FLATBREAD (SERVES 2)

22G OF
PROTEIN

Ingredients

- 100g thin-stemmed broccoli, trimmed and halved
 - 200g cherry tomatoes on the vine
 - 4 medium free range eggs (fridge cold)
 - 2 wholemeal flatbreads
 - 2 tsp mixed seeds (such as sunflower, pumpkin, sesame and linseed)
 - 1 sp olive oil
 - A good pinch of chilli flakes
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Method

- 1.** Fill a wide saucepan 1/3 full with water from a pre-boiled kettle and bring to a boil.
- 2.** Add the broccoli and cook for 2 minutes. Then add the tomatoes and cook for 30 seconds.
- 3.** Then you can place these on a plate while you poach the eggs.
- 4.** Bring the water to a gentle simmer and break the eggs into the pan. Cook this for about 3 minutes until the whites are set and the yolks are still a bit runny.
- 5.** Divide the flatbreads between the two plates. Top these with broccoli, and tomatoes and finally place the poached eggs on top. Then sprinkle with the seeds and drizzle with oil and season with black pepper and chilli flakes.

SPINACH AND PEPPER FRITTATA (SERVES 4)

22G OF
PROTEIN

Ingredients

- 5 large eggs
- 300g tub low-fat natural cottage cheese
- 1 garlic clove, finely chopped
- 15g finely grated parmesan (or vegetarian alternative)
- 225g frozen leaf spinach, thawed, squeezed and finely chopped
- 2 roasted red peppers (not in oil), torn into strips
- generous grating of nutmeg
- 100g whole cherry tomato

Method

1. Heat the oven to 190C/170C fan/gas 5. While this is preheating line a 20cm sandwich tin with a single sheet of baking parchment.

2. Beat the eggs with cottage cheese, garlic, half the Parmesan, spinach, peppers, nutmeg, and some black pepper in a large bowl.

3. Tip the mixture in the tin, then top this with the tomatoes and sprinkle the remaining parmesan.

4. Bake for 40 mins until set all the way through and starting to puff up. Cut into wedges and serve hot or cold. Will keep for 3-4 days in the fridge.

BAKED OATS (SERVES 1)



Ingredients:

- 40g oats
- 1 banana
- 1/2 tsp baking powder
- 1 tbsp honey
- 1 egg
- 1 tbsp peanut butter
- 40g frozen blueberries

Method:

- 1.** Preheat oven to 180C and grease a small ramekin dish with vegetable oil
- 2.** Add everything other than the blueberries into a blender and blend until smooth in consistency. If you don't have a blender you can mash the banana with a fork and whisk in the other ingredients in, it just won't have as smooth a consistency
- 3.** Next stir through the blueberries and pour into your dish
- 4.** Bake for 20-25 minutes until golden brown. Once done leave to cool for 5 minutes and then enjoy!

You can mix this up by swapping blueberries with: different fruits, chocolate chips, nuts or raisins depending on your preferences

SIGNPOSTING

Please visit BBC Good Foods for all the recipes used in this booklet

<https://www.bbcgoodfood.com>

